Haringey
LONDON

# Help with the Cost of Living

For advice and support with benefits, money worries, employment, housing, childcare costs and mental health, please call 020 8489 4431 or visit:

**www.haringey.gov.uk/HereToHelp**

Residents are welcome to access the internet, free of charge at our local libraries

## Financial help

### Benefits calculator

We have a handy online benefits calculator to help you find out which benefits you may be eligible for at:
www.haringey.gov.uk/HereToHelp

### Help with utility costs

We know some residents are struggling to keep on top of rising gas, electricity, and water bills, but there is help and support available: www.haringey.gov.uk/StayWarm or call our partner SHINE on **0800 555 0195**

### Help with rent and rent arrears

If you receive Housing Benefit or Universal Credit Housing Costs and are still struggling to pay your rent, you may be able to claim additional help through the Discretionary Housing Payments scheme. To find out more and how to apply at:
www.haringey.gov.uk/dhp

Are you a private tenant with rent arrears? Or are you worried about losing your home? Don't worry, we are here to help:
haringey.gov.uk/contact-housing-advice

### Managing money

Our Financial Support team can help Haringey residents improve their financial situation by offering support and advice on debt, grants, savings, unclaimed benefits, childcare costs and much more: Call **020 8489 4431** or email:
FinancialSupportTeam@haringey.gov.uk

### Food banks and support

There are various food banks providing free food, supplies and support across Haringey. Find out about food banks and food bank vouchers in your local area at: www.haringey.gov.uk/food-banks-haringey

### Free non-prescription medicines

If you are on a low income, you could be eligible to join the Self-Care Medicines Scheme, giving you access to selected non-prescription medicines for free.

Speak to your GP or check with your local community pharmacy to find out if you or child are eligible for the scheme.

www.nclhealthandcare.org.uk/self-care

### Help with prescription costs

If you are on a low income, you might qualify for free prescriptions. See
www.nhsbsa.nhs.uk/check

If you pay for more than three prescription items in three months, or 11 items in 12 months, you could save money with a Prescription Prepayment Certificate. See www.nhsbsa.nhs.uk/ppc or **0300 330 1341**

### Help for people with long-term conditions

Do you or someone you know require extra help with mobility or personal care due to a long-term health condition? You may be able to claim additional financial support. Find out more and how to apply at www.gov.uk/financial-help-disabled

### Ways to reduce your council tax

You may be able to pay less Council Tax or none at all depending on your circumstances.

#### Council Tax Support

If you are on a low income, you may be entitled to a reduction of up to 100% of your council tax. To find out if you are eligible visit www.haringey.gov.uk/ctr

#### Single Person Discount

A 25% reduction is available if you are the only adult living in the property.

### Other discounts and exemptions

There are several other ways that your bill may be reduced including disabled band reduction and live in carers.

To find out more about discounts and exemptions and how to apply visit **www.haringey.gov.uk/discounts**

## Haringey, Here to Help

### Haringey Support Fund

We know managing finances on a low income can be challenging. Our Haringey Support Fund is here if you are facing unexpected costs and need emergency help.

### Support we provide

We can provide one-off payments in emergencies and help with the costs of essential items that are difficult to budget for, such as:

- gas and electricity reconnection
- food, clothing and footwear
- essential appliances and white goods
- bedding, mattresses, and other furniture
- cooking equipment & essential kitchen items

For more information and to apply, please visit: **www.haringey.gov.uk/haringey-support-fund**

Or contact our Financial Support team today: **020 8489 4431** or email: **FinancialSupportTeam@haringey.gov.uk**

## Help with childcare and early education

We want to give every child the best possible start in life. Parents can get help while working and studying, or if they receive other government support, depending on:

- household income
- how many hours of childcare you need
- the age and number of children you have

For more information see:

**www.haringey.gov.uk/free-early-learning** or email: **earlyeducation@haringey.gov.uk**

### Free childcare entitlement:

All working families with a child between nine months and two-years can receive up to 15 hours free childcare.

- **From September 2025:** up to 30 hours for all working families with a child from nine months old up to school age.

Parents are encouraged to apply for their codes for the April roll-out by end March 2024.

### Free school meals and school clothing grants

You can find full details about who can get free school meals and uniform grants, and how to apply on our website at: **www.haringey.gov.uk/fsm**

If you have any queries please contact us on: **020 8489 1000** or email: **FSM@haringey.gov.uk**

### Kooth

Kooth offers free online counselling to children and young people in Haringey, aged 11 to 18-years old (up to 25-years for young people with learning difficulties or disabilities).

**www.kooth.com**

## Help with mental health and wellbeing

**The council and the NHS work in partnership with charities and other organisations to provide a range of mental health and wellbeing support for Haringey residents.**

### Mind in Haringey

Mind in Haringey provides information, advice and support to people affected by mental health problems. The charity works with the local NHS and council providing counselling, advocacy and wellbeing workshops as well as the Haringey Wellbeing Network. **0208 340 2474** www.mindinharingey.org.uk

### Haringey Wellbeing Network

A programme of activities to help people improve their mental and physical health, supporting people to make positive changes in their lives. **0208 340 2474** Haringeywellbeingnetwork@mih.org.uk

### Safe Haven Helpline

The helpline is safe and confidental for Haringey residents aged 18+ who are in crisis and need to talk. **0800 953 0223** Email: safehaven@mih.org.uk

### Good Thinking

Good Thinking provides online mental wellbeing self-care for Londoners through digital tools that support the most common mental health conditions: anxiety, low mood, sleeping difficulties and stress. www.good-thinking.uk

### NHS Go

NHS Go is a free, confidential health advice and information app designed for young people by young people. Aimed at 16- to 24-year-olds, it gets information directly from NHS.uk but organises the information to make it meaningful to young people. Access to the service is via the NHS Go app that is free to download on Google Play and iTunes stores.

### 24/7 Mental Health Crisis Support Line

If you are under 18 and in crisis, or if you're the parent or carer of a child or young person in crisis, you can call the mental health crisis support line 24/7. It is staffed by trained mental health professionals, who can provide immediate support, or refer you to other sources of help if needed. **0800 151 0023.**

### GamCare Services

If you're concerned about your own or someone else's gambling, contact your local GamCare service to access quick, free, and confidential support. **020 7801 7008** www.gamcare.org.uk

For immediate support call the 24/7 National Gambling Helpline on **0808 8020 133**.

### Age UK Advice Line

This free and confidential phone service offers support for older people, their friends, families, carers and professionals. **0800 678 1602** or visit www.ageuk.org.uk

### Haringey Reach and Connect Service

Provides information, support, and friendship for over 50s in Haringey. **020 3196 1905** or visit reachandconnect.net

### Haringey Circle

Membership programme keeping over 50s connected, active, learning, and independent. Call **020 3196 1894**, email hello@haringeycircle.com, or visit www.haringeycircle.com

## Help with Mental Health and Wellbeing continued

### One You Haringey

One You Haringey provides residents with a range of health advice and support to get fitter, achieve a healthy weight, quit smoking, drink less, and get an NHS Health Check. See www.oneyouharingey.org

### Active Wellbeing in Haringey

Leisure Centres at Park Road, Tottenham Green, New River and Broadwater Farm Community Centre are all now run by Haringey Council. All centres offer FREE membership and activities for residents over 65 and concession discounts for those in receipt of benefits. Visit www.haringey.gov.uk/leisure-centres or pop into your local leisure centre to find out more.

## Help into employment

### Haringey Works

Haringey Works is a one-stop shop service dedicated to supporting Haringey residents into employment. Visit our website to access vacancies, upload your CV and register:
www.haringey.gov.uk/haringey-works
020 8489 2969
works@haringey.gov.uk

### Haringey Learns

Haringey Learns can help you to upskill, gain qualifications and make positive career choices, with a range of free courses on offer. www.webenrol.com/haringeylearns
020 8489 2596
hals@haringey.gov.uk

### Job Entry Targeted Support (JETS)

JETS is an employment programme offering specialist advice and interview coaching for people who have been out of work and claiming either Universal Credit or Jobseeker's Allowance for at least 13 weeks.

### Sector Based Work Academy Programme (SWAP)

SWAP gives you training, work experience and a guaranteed interview with a local employer, for anyone who is getting Job Seekers Allowance, Universal Credit or Employment and Support Allowance. For more information about JETS or SWAP, please contact your local Job Centre Plus and talk to your job coach.
www.gov.uk/contact-jobcentre-plus

### Flexible Support Fund (FSF)

FSF may be able to help you with extra costs associated with getting into and starting work, such as, travel expenses to attend interviews, tools, clothing or uniforms to start work. If you're claiming Universal Credit, you could also get help with the first month of childcare costs. Contact your local Job Centre Plus to learn more.
www.gov.uk/contact-jobcentre-plus

### Discounted travel

If you are unemployed, claiming benefits and looking for work, you could get a free Jobcentre Plus Discount Rail Card. Transport for London (TFL), and Stagecoach, offer discounted travel up to 50% for those with the Rail Card. Contact your local Job Centre Plus to learn more.
www.gov.uk/contact-jobcentre-plus

## Help into Employment continued

### Access to Work Grant

The Access to Work Grant can pay for practical support, if you have a disability, health or mental health condition. Support is available whether you want to start working, need help staying in work, are moving into self-employment or starting a new business. The grant can help you to meet the costs of travel to work; provide a support worker or pay for special equipment that you need to remain in employment.

www.gov.uk/access-to-work
0800 121 7479

## Translations

If you would like this leaflet translated into your own language, please email: translationandinterpreting@haringey.gov.uk

**Turkish**

Eğer bu yaprakçığın kendi dilinize çevrilmesini arzu ediyorsanız, lütfen şu adrese bir e-posta gönderin: translationandinterpreting@haringey.gov.uk

**Polish**

Jeśli chcesz, aby ta ulotka została przetłumaczona na Twój język, wyślij e-mail do: translationandinterpreting@haringey.gov.uk

**Spanish**

Si desea que este folleto se traduzca a su propio idioma, envíe un correo electrónico: translationandinterpreting@haringey.gov.uk

**Portuguese**

Se desejar que este folheto seja traduzido para o seu idioma, envie um e mail para: translationandinterpreting@haringey.gov.uk

**Greek**

Αν θέλετε αυτό το φυλλάδιο μεταφρασμένο στη γλώσσα σας, παρακαλούμε στείλτε email: translationandinterpreting@haringey.gov.uk

**Somali**

Haddii aad rabto in buug-yarahaan oo lagu turjumay luqadaada, fadlan iimayl u dir: translationandinterpreting@haringey.gov.uk